



# Polar Ridge

## SENIOR LIVING

---

### A Lifespark Community

# APRIL

# Memory Care

## Building Strength, Purpose and Belonging

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	10:00 Exercises 10:00 Exercises 10:30 Coffee Social 11:00 Daily Word Search 1:00 Bingo! 3:00 1:1 Social Visits 5:30 Music Appreciation 7:00 Rest and Relaxation	1 10:00 Exercises 10:00 Exercises 10:30 Coffee Social 11:00 Daily Word Search 1:00 Balloon Volleyball! 2:30 Ladies Club: Fancy Fingers! 5:30 Music Appreciation 7:00 Rest and Relaxation	2 10:00 Exercises 10:00 Exercises 10:30 Coffee Social 11:00 Daily Word Search 1:00 Story Time 1:30 Ladies Club: Fancy fingers 3:00 Arts & Crafts 5:30 Music Appreciation 7:00 Rest and Relaxation	3 10:00 Exercises 10:00 Exercises 10:30 Coffee Social 11:00 Daily Word Search 1:00 Bingo! 2:00 Happy Hour and Trivia! 3:00 Task Time 5:30 Music Appreciation 7:00 Rest and Relaxation	4 10:00 Exercises 10:00 Exercises 10:30 Coffee Social 11:00 Daily Word Search 1:00 Bake with Me! 3:00 Spa Day 3:00 Spelling Bee 5:30 Music Appreciation 7:00 Rest and Relaxation	5 10:00 Music Videos 10:00 Exercises 11:00 Daily Word Search 1:00 Story Time 2:00 Snack Break 3:00 1:1 Social Visits 5:30 Music Appreciation 7:00 Rest and Relaxation
11:00 Daily Word Search 5:30 Music Appreciation 7:00 Rest and Relaxation	7 10:00 Exercises 10:00 Exercises 10:15 Praise & Worship 10:30 Coffee Social 11:00 Daily Word Search 1:00 Bingo! 3:00 1:1 Social Visits 5:30 Music Appreciation 7:00 Rest and Relaxation	8 10:00 Exercises 10:00 Exercises 10:30 Coffee Social 11:00 Daily Word Search 1:00 Balloon Volleyball! 2:30 Ladies Club: Fancy Fingers! 5:30 Music Appreciation 7:00 Rest and Relaxation	9 10:00 Exercises 10:00 Exercises 10:30 Coffee Social 11:00 Daily Word Search 1:00 Story Time 1:30 Ladies Club: Fancy fingers 3:00 Bowling! 5:30 Music Appreciation 7:00 Rest and Relaxation	10 10:00 Exercises 10:00 Exercises 10:30 Coffee Social 11:00 Daily Word Search 1:00 Story Time 1:30 Ladies Club: Fancy fingers 3:00 Bowling! 5:30 Music Appreciation 7:00 Rest and Relaxation	11 10:00 Exercises 10:00 Exercises 10:30 Coffee Social 11:00 Daily Word Search 1:00 Bingo! 2:00 Happy Hour and Trivia! 3:00 Task Time 5:30 Music Appreciation 7:00 Rest and Relaxation	12 10:00 Music Videos 10:00 Exercises 11:00 Daily Word Search 1:00 Story Time 2:00 Snack Break 3:00 1:1 Social Visits 5:30 Music Appreciation 7:00 Rest and Relaxation
11:00 Daily Word Search 5:30 Music Appreciation 7:00 Rest and Relaxation	14 10:00 Exercises 10:00 Exercises 10:30 Coffee Social 11:00 Daily Word Search 1:00 Bingo! 3:00 1:1 Social Visits 5:30 Music Appreciation 7:00 Rest and Relaxation	15 10:00 Exercises 10:00 Exercises 10:30 Coffee Social 11:00 Daily Word Search 1:00 Balloon Volleyball! 2:30 Ladies Club: Fancy Fingers! 5:30 Music Appreciation 7:00 Rest and Relaxation	16 10:00 Exercises 10:00 Exercises 10:30 Coffee Social 11:00 Daily Word Search 1:00 Story Time 1:30 Ladies Club: Fancy fingers 3:00 Arts & Crafts 5:30 Music Appreciation 7:00 Rest and Relaxation	17 10:00 Exercises 10:00 Exercises 10:30 Coffee Social 11:00 Daily Word Search 1:00 Story Time 2:00 Happy Hour and Trivia! 3:00 Task Time 5:30 Music Appreciation 7:00 Rest and Relaxation	18 10:00 Exercises 10:00 Exercises 10:30 Coffee Social 11:00 Daily Word Search 1:00 Bingo! 2:00 Happy Hour and Trivia! 3:00 Task Time 5:30 Music Appreciation 7:00 Rest and Relaxation	19 10:00 Music Videos 10:00 Exercises 11:00 Daily Word Search 1:00 Story Time 2:00 Snack Break 3:00 1:1 Social Visits 5:30 Music Appreciation 7:00 Rest and Relaxation
11:00 Daily Word Search 5:30 Music Appreciation 7:00 Rest and Relaxation	21 10:00 Exercises 10:00 Exercises 10:15 Praise & Worship 10:30 Coffee Social 11:00 Daily Word Search 1:00 Bingo! 3:00 1:1 Social Visits 5:30 Music Appreciation 7:00 Rest and Relaxation	22 10:00 Exercises 10:00 Exercises 10:30 Coffee Social 11:00 Daily Word Search 1:00 Balloon Volleyball! 2:30 Ladies Club: Fancy Fingers! 5:30 Music Appreciation 7:00 Rest and Relaxation	23 10:00 Exercises 10:00 Exercises 10:30 Coffee Social 11:00 Daily Word Search 1:00 Story Time 1:30 Ladies Club: Fancy fingers 3:00 Bowling! 5:30 Music Appreciation 7:00 Rest and Relaxation	24 10:00 Exercises 10:00 Exercises 10:30 Coffee Social 11:00 Daily Word Search 1:00 Story Time 2:00 Happy Hour and Trivia! 3:00 Task Time 5:30 Music Appreciation 7:00 Rest and Relaxation	25 10:00 Exercises 10:00 Exercises 10:30 Coffee Social 11:00 Daily Word Search 1:00 Bingo! 2:00 Happy Hour and Trivia! 3:00 Task Time 5:30 Music Appreciation 7:00 Rest and Relaxation	26 10:00 Music Videos 10:00 Exercises 11:00 Daily Word Search 1:00 Story Time 2:00 Snack Break 3:00 1:1 Social Visits 5:30 Music Appreciation 7:00 Rest and Relaxation
11:00 Daily Word Search 5:30 Music Appreciation 7:00 Rest and Relaxation	28 10:00 Exercises 10:00 Exercises 10:30 Coffee Social 11:00 Daily Word Search 1:00 Bingo! 3:00 1:1 Social Visits 5:30 Music Appreciation 7:00 Rest and Relaxation	29 10:00 Exercises 10:00 Exercises 10:30 Coffee Social 11:00 Daily Word Search 1:00 Balloon Volleyball! 2:30 Ladies Club: Fancy Fingers! 5:30 Music Appreciation 7:00 Rest and Relaxation	30			

POLAR RIDGE SENIOR LIVING | 2365 HELEN STREET | NORTH ST. PAUL, MN 55109 | 651-770-4028

## A LIFESPARK COMMUNITY